

Breakfast Banana Split



Ingredients:

- 1 banana, cut in half lengthwise
- 1/2 cup reduced-fat cottage cheese
- 1 tablespoon fruit preserves
- 1 tablespoon chopped walnuts
- Fresh berries, optional

Directions:

1. Place banana halves in a serving dish.
2. Add scoops of cottage cheese on top of bananas.
3. Top with fruit preserves and chopped nuts. Add fresh berries, if desired.

Makes 1 serving.



Tarrant County Public Health
<http://health.tarrantcounty.com>